



## 2020 Welcome Packet

Walnut Creek

Please note, our new site for the 2020 summer is  
**860 Bancroft Rd, Walnut Creek**

We would like to WELCOME your family to Adventure Day Camp, and are thrilled that your child is joining our program this summer. We understand that sending your child to camp this year is a difficult choice. It has certainly been an unprecedented time for all of us. It is crystal clear to us though that all of our kids need summer camp more than ever now. Social distancing is hard on all of us, especially our children. Camp is a special place, providing our children opportunities to grow their social, physical, and emotional selves, like no other place in the world.

The decision to open camp is not one we took lightly. This decision was and always will be predicated on the belief that we have the ability to implement practices and procedures to greatly minimize your child's risk. You will find more details on these changes in this Welcome Packet. We will ask for your help more than ever to make this a safe, enriching, and amazing summer camp experience for you child. We are all in this together!

The goal of our Welcome Packet is to hopefully prepare parents and campers for their summer experience at A.D.C. There is a lot to get done between now and the first day of camp, which always makes it that much sweeter once the campers come rolling in ready for fun, challenges, friendships, and laughter.

### **Here are a few quick and easy tips to help insure you and your child are prepared to start Adventure Day Camp.**

- We encourage you to have a conversation with your child about the Adventure Day Camp program. Ask them if they have any questions or concerns, what they are looking forward to, or what they might be nervous about. Talk to them about the importance of listening to their Camp Counselor and having a positive attitude about participating in the activities. Also, let them know that if they do have any concerns throughout the session they can always feel comfortable talking to their Camp Counselor, a Director, or of course YOU.
- Please send your child prepared for camp each day. Most equipment and supplies will be provided by A.D.C., but please review our "What To Bring To Camp" section to make sure your child is ready to go.
- It is extremely important that all applications, balances, medication logs, etc are completed before your session begins. Unfortunately your child will not be able to start camp unless all of your enrollment requirements have been completed. We will email you ahead of time if we are missing any items. If you haven't heard from us then you are all set.
- Please make sure any relevant health information concerning your child's experience at A.D.C. has been detailed on your child's enrollment form. That information will be given to your child's Camp Counselor prior to camp starting.
- We encourage you to reach out to us ahead of camp starting if your child has difficulty with transitions or starting a new program. We can really help and are happy to do so. We've got a lot of tricks up our sleeves!

In our eyes, there is nothing more important to our program than hiring creative, experienced, and positive staff to share the summer with your child. Your child will be assigned 2 Camp Counselors that will guide them through their experience creating what we hope to be a truly special bond. In addition, our Program Directors are always available for increased supervision and overall program support. You will receive an email during week one from the Program Director associated with your child's age group. We welcome your feedback at any time during the session and are happy to provide feedback on how your child is doing in camp. Just ask! Please do not hesitate to contact us with questions, comments, or concerns. Although we recognize this summer will be different, we are confident we can make it AMAZING!

Warmest regards,

*Kevin and Sunshine Welch  
And The Adventure Day Camp Staff*

# What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Clothing	Optional
Bathing suit & towel everyday	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Hat	Sunglasses
REUSABLE water bottle	Tennis shoes	
Long pants for riding days	Sweatshirt for colder days	
Bike helmet	Mask in backpack in case needed	
Snack for 2 snack breaks		

**It is so important that you label all items so we can safely get them back to your child. We are unable to have a Lost and Found area this summer.**

## What NOT Bring To Camp

- Pets or other animals, sports equipment or toys, card collection / Pokemon, weapons, alcohol, drugs, cell phones or video games, money, personal items like stuffies.

## If Your Child Is Absent, Arriving Late, Or Being Picked Up Early

You may email all absences, late arrivals, or special request. Please email the appropriate contact (see page 4). If your child is going to be absent, arriving late to camp, or being picked up early it is extremely important that you notify the camp office in order for us to accurately account for all of our campers and to make the necessary arrangements. Please **DO NOT** give messages to the driver or counselors. The number to call for all absences, etc., is 925.937.6500. Feel free to leave absences and route changes on our machine if we are away from the office.

If arriving late or picking up early, please pull into camp and along the right sidewalk. Please call our office and a staff member will bring out your child. Please do not leave your vehicle

## Activity Schedule and Special Event Days

To help you plan for your child's day we will be posting each week's schedule on our website. The schedules will be available on Saturday or Sunday before the start of each week. Please be reminded that although we make every effort to follow the published schedules, at times your child's schedule may change unexpectedly due to changing Contra Costa Country guidelines and for the safety of our campers.

Throughout each session we schedule theme days that allow our campers and staff an opportunity to dress up and clown around. Days like Crazy Hat Day, Crazy Hair Day, Group Theme Day, and Aloha Day are scheduled throughout the summer. We will give you notice when these days occur. Our hope is that any Special Day we plan you can prepare for with items at your house and not force you to spend the night before shopping around town. Do your best but please, don't stress Mom and Dad!

# Parent Concerns: Who to Contact For What

We pride ourselves in our ability to address and correct problems or concerns that surface during the summer. Our Directors are always available and more than happy to discuss any concerns you may have. Please do not wait to call us if an issue surfaces, and never think any issue is too insignificant to call us for. All concerns will remain confidential and a solution will be discussed before moving forward. Although our Directors are available during the camp day, the best time to speak with our Directors are between 8:00AM - 8:30 AM and 4:30 PM and 5:00 PM.

Adventure Day Camp will contact parents by phone for all emergencies and incidents. Even if the incident appears insignificant we will call you so you will be informed before your child arrives home.

**Kevin@adventuredaycamp.com** - Camp Director

Please contact Kevin for:

- Concerns regarding ANYTHING related to your child's experience at Adventure Day Camp.
- Billing questions
- Programming questions

**Sunshine@adventuredaycamp.com** - Director of Operations / Health Care Coordinator

Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S, The Camp Store, paperwork, administrative issues
- Information on your child's health care / medications

**Shaina@adventuredaycamp.com** - General office email that will be distributed to the appropriate person

Please use this email for:

- When your child will be absent or late on a specific day
- If your child does not need our bus service on a specific

## Allergies & Other Health Concerns

At Adventure Day Camp the majority of our adult staff are certified in First Aid and CPR. In addition, our Health Care Coordinator, Sunshine Welch is certified as a CPR / First Aid instructor for the Lay Responder and Professional Rescuer.

If your child has allergies, or takes medication while at camp, we require you to complete the enclosed Medication Log and submit it to our office no later than June 7, 2020. Also, if your child has an epipen on file we require that you complete the form Anaphylaxis Emergency Care Plan which is included in this packet. Please email all medical forms to **Sunshine@adventuredaycamp.com** AND put a copy in with your child's medication.

Although you are required to provide only 1 epipen during your child's session, we recommend supplying 2 so we can keep one with the CAMP COUNSELOR and 1 with the camp office.

Please email or mail your forms. Our Health Care Coordinator will contact you before camp if there are any questions concerning the information on your child's form. Having complete information and awareness of potential health concerns your child may have is extremely important and necessary.

We cannot administer any medications unless the Medication Log is completed and signed. If you are dropping off medication or an epipen on the first day, please place in a sealed, plastic bag that is labeled. Your child will be asked to place medication in a bin when being checked in.

# Horseback Riding & Mt. Biking

Horseback riding lessons are offered to all ages several times throughout each session. Over the course of the first 2 weeks of each session campers entering 3rd - 9th grade will be offered 2 scheduled riding lessons. Our Pre-k - 2nd graders will first experience riding by learning with our Miniature Horses. All riders **MUST** have long pants and although we recommend boots, tennis shoes will be allowed. Please bring your own helmet for this activity.

All Campers will have Biking scheduled 2 times during weeks 1 & 2 of a session. PreK - 2nd graders will learn to ride while staying on our blacktop, while our 3rd - 9th graders will experience biking along the local Heather farms bike trails. Please bring your own helmet for this activity.

## Cell Phone Use - Please, Please...we could really use some help here!

If your child owns and brings a cell phone to camp it may only be used with the Directors permission and should be kept OFF during the camp day. All correspondence with your child should be initiated through the camp office. Please do not call your child on their cellphone during the day. We can always reach your child within a few minutes. When campers are on their cell phone during the day it is a distraction and it takes away from their camp experience. We would greatly appreciate it if you could help us by not allowing your child to come to camp with their cell phone.

## Lost And Found

This summer we will not be able to have your traditional "lost and found" area. So, it is extremely important that you label ALL of your child's belongings so can return any lost items.

## Sunscreen & Sun Safety

Adventure Day Camp has a strict policy of administering sunscreen at least 2 times a day. We ask that you always apply sunscreen to your child **BEFORE** they arrive at camp. We will then reapply right after lunch and then again at around 2:30 pm. This summer we are continuing our program called "Fun, Sun Safety". Through fun, interactive activities, campers will learn the importance of staying hydrated and protecting themselves from the sun's rays. You can do your part by sending your child prepared and knowledgeable about staying "Sun Safe".

Also, to minimize the contact with your child and their counselor, we recommend sending a sunscreen stick and also spending some time instructing your child on how to properly apply sunscreen.

## No Bully Zone

Adventure Day Camp has a zero toleration policy for bullying. At Adventure Day Camp we try to keep rules and discipline to a minimum, respecting the fact that our kids are not perfect and summer camp in general allows for less structure. For bullying however, we have **NO** flexibility. We will involve parents right away if bullying occurs and hope all parents will contact us right away if there are any concern.

# Lunch and Snack

Unfortunately, this summer we will not have the option for you to order lunch from SchoolFoodies as they are not servicing camps this summer. Please send your child with a bagged or cooler packed lunch. We cannot microwave lunch items. Adventure Day Camp does not provide snack so please send enough snacks with your child to keep them energized for the day. Each group will have a morning and afternoon time period designated for a snack. Camp Counselors will monitor their campers to make sure they are eating their snack each day. Occasionally Adventure Day Camp will provide fruit, Popsicles, and limited amounts of candy. Please be sure you have indicated on your child's application if they have any food restrictions we should be aware of.

Please be reminded to send your child with a reusable water bottle, clearly labeled. Please do not send plastic, throw away bottles.

## NUTS!

Each session we will have 5-10 campers in our program that are fatally allergic to nuts. We aim to work together to allow these campers to have a safe and worry-free experience at ADC. **PLEASE DO NOT SEND NUT PRODUCTS TO CAMP WITH YOUR CHILD.** We recognize that this might be an inconvenience for some families. With that said, we ultimately understand the seriousness of food allergies and trust you will join our effort and dedication to keep all of our campers safe and healthy. **PLEASE BE SURE TO NOTIFY ADVENTURE DAY CAMP IF YOUR CHILD HAS NUT ALLERGIES. THIS INFORMATION WILL BE GIVEN TO THE CHILD'S CAMP COUNSELOR.**

## If Your Child Forgets Their Lunch

We understand that preparing your child for camp each day can be a hectic process. After your child is off to camp we all go through the check list in our heads. "Backpack? Check! Water bottle? Check! Favorite hat? Check! Lunch? Wait, why is that lunch I worked so hard to make still sitting in the fridge"? Yes, we appreciate these things happen from time to time. If your child forgets his / her lunch during the session we will notify you and make sure they are provided a lunch for the day. Because we are not prepared to provide lunch, we will charge your account \$7 to cover the cost.

To keep up on all the events, announcements, and fun, please visit [adventuredaycamp](#) and **"LIKE US"** ON FACEBOOK. Please click on the icon at the bottom of our home page.



# Checking in & out procedures and "extended care"

**Drop off and pick up is at 860 Bancroft Rd, Walnut Creek  
Faith Christian Fellowship Church**

**Morning drop off:** We expect morning drop off to be a busy time of the day. There are several critical steps we will be taking to allow campers to enter camp safely.

- We are requesting that families with children entering 3rd - 9th grade try and drop off between 8:30 am - 8:50 AM. Families with campers entering Prek-2nd grades should try and drop off between 8:50 am - 9:15 am. If this time does not work for your schedule that is OK. Families that have siblings in both groups, please default to the earlier time.
- Please turn into the driveway on your right, just as you pass the church. You will see Adventure Day Camp signs.
- Please pull into line to your right, along the sidewalk.
- Please have your name placard on your passenger side dashboard with your campers full name
- Campers should remain in the vehicle until staff gives "thumbs up" to get out of the car.
- Staff in charge will do a screening which includes checking temperature (less than 100.4) and a visual look for signs of illness. If the child is clear, the staff will give "thumbs up" again to the parent to let them know it is OK to leave.
- Once cleared to leave, please follow the direction of our staff to show you how and where to exit.
- Campers will continue to the hand washing station and then will be directed to their camp group.
- If you have medication to drop off, please make sure it is in a labeled, plastic bag with the medication log inside. Show the staff through the window of your vehicle then give it to your child to drop in the medication box that will be next to the staff.

## Afternoon Pick Up:

- Pick up is between 3:45 pm - 5:00 pm.
- Place name placard on your drivers side dashboard with your campers full name.
- You will pull up to the same area as drop off.
- Parent or authorized pick up person will show a photo ID up against the driver's window. A staff may motion to pull down your mask if they can't identify you. Please always have your window rolled up for our staff and your protection.
- Staff will then radio for your child.
- Please exit the same way as morning drop off.

## Extended Care:

- Hours are 8:30-9:15am and 4-5pm.
- All campers will remain in their assigned groups during extended care. This is not structured activities but a time to do free play with their Counselor assisting. "Structured free play" can include card games, coloring, drawing, friendship bracelets, etc. We will be assigning different groups to sports courts during this time as well, but groups will stay together and not mix with other groups.

# Transportation

To minimize exposure, we are asking for local families to drive their children to and from camp. If you have enrolled for transportation, this part of your tuition will be refunded. We anticipate still offering some form of transportation from the Oakland area. During the camp day, when a group needs transportation we will social distance within a bus and never have more than one group in a vehicle. In most cases, your child's driver will also be their counselor.

## CAMPERS AND STAFF AS PASSENGERS

- Campers and staff do not board if sick or experiencing any flu-like symptoms.
- All staff and campers wash or sanitize hands before boarding camp vehicles.
- We will maintain physical distance between campers by maximizing distance between seats they will be occupying and have them sit in the window seat.
- Siblings can sit together in one seat.
- Load the bus back to front.
- Unload front to back. Load one at a time. Wait for that person to be seated before the next gets on.
- When unloading, everyone remains seated while the driver or counselor excuses one person at a time starting with the front of the vehicle.
- **Campers must wear a mask** when on the bus during express stop transportation.
- When exiting, remove all belongings and discard all waste.
- When possible, we will have windows open to increase air circulation.
- Vehicles will be disinfected between rides.

## Morning route:

- Meeting times will be emailed on the Thursday before your session. We expect Montclair to be 8:15 am.
- Families will be given instructions on where to meet. Please social distance 6 ft from other parents.
- Staff will call your family one by one to take their temperature and load the bus, back to front. If 100.4 or over, camper is not allowed at camp.
- Camper must have a mask to get on the bus.
- Once your camper is cleared with appropriate temperature mask is on, staff will give the parent a "thumbs up" that they can leave.
- Parents are not allowed to come within 6' of the bus or staff and must wear a mask.
- The camper will use hand sanitizer before they get on the bus.
- As it is likely that the campers are not in the same group, campers **MUST** sit apart and wear a mask. Only one camper per seat unless they are siblings. Camper will sit next to the window to allow for greater separation.

## Afternoon route:

- We expect the Montclair afternoon time to be 4:20 pm.
- Once the bus arrives at the meeting spot we will dismiss one camper at a time starting from the front
- Parents should stay within 6' of bus, from staff and from each other.
- Parents must wear a mask during pick up and drop off.
- Staff will set up a cone and small table (table should be 6' from cone).
- Staff will call out families in the order the campers are seated on the bus, dismissing front to back
- When asked by staff, parent will bring license and place on the table then walk back to cone. Staff checks the license without touching and match name to authorized pick up.
- Staff may ask the parents to lower their mask to see their whole face.
- We ask only one parent to be present during pick up and drop off.

# Updated Covid-19 Policies and Procedures

Recommended information to review with your child are highlighted in **RED**:

All of us at Adventure Day Camp are thrilled to be planning, organizing, and preparing for the 2020 summer. The uncertainty this spring has been difficult for everyone, it definitely has been for our family. Our decision to offer camp or not was always centered around whether or not we felt we could do so safely. We rely completely on the guidance that is being organized by Contra Costa Health Services Department, Centers for Disease Control and Prevention (CDC) and The American Camping Association as well as over 20 years of camp experience. We are extremely confident that we can offer an amazing summer camp experience while keeping your child safe.

The following policies and procedures have been developed to keep campers and staff safe during their time with us.

## Safety related points:

- Campers will be placed in stable groups of 10-12 same aged children with 2 Camp Counselors. These campers and staff will be together for the entire session and they will be unable to mix with other groups.
- Groups will social distance from each other at a minimum of 10' apart at all times.
- Campers will be grouped with same age children as usual. Depending on the numbers, there may be some coed groups. There may be an option for you to have siblings grouped together depending on their age difference.
- We have lowered our enrollment to half capacity to allow us greater space for social distancing.
- **Campers within a group will be encouraged to keep their hands to themselves** and will be strategically spaced when possible during activities for appropriate social distancing. **This includes no hand holding, hugging, high fives, etc.**
- All staff and campers 13 and above will be required to wear masks at all times.
- **Children should cover coughs and sneezes, and wash hands immediately after doing so.**
- Hand washing and sanitizing stations will be readily available throughout camp. Campers will wash their hands with soap and water after each activity, before and after eating, before getting on a camp vehicle, and when they get off.
- If a hand washing station is not available, they will use hand sanitizer. Campers will be supervised when washing their hands and using hand sanitizer. We will be assisting your child when they wash their hands but please also practice at home.
- **Steps to washing hands: 1. Wet your hands with clean, running water. Turn off the tap and apply soap. 2. Lather your hands by running them together with the soap. Make sure to lather the back of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds (about the time it takes to sing the "Happy Birthday" song twice.) 3. Rinse your hands well under clean, running water. 4. Dry your hands using a clean towel or an air dryer**
- **We will discourage children touching their faces.**
- **Temperature checking, visual check, and documenting will take place each morning.** Visual signs of illness can include difficulty in breathing, pale in color, flushed cheeks, irritability, fatigue, etc. Temperature is not to be 100.4 degrees or above. Campers will not be allowed on site if they do not pass these checks. Please take your child's temperature before leaving for camp each morning.
- There will be enhanced cleaning and disinfecting practices throughout camp of frequently touched surfaces, tables, chairs, bathrooms, outdoor surfaces, vehicles, etc. This will occur throughout the day. We will use EPA approved disinfectant.
- Each group will have their own equipment and supply boxes. If there are any shared equipment, it will be disinfected before the next group uses it. For ex. The rock wall.
- Campers will be required to attend a full, 3 week session. We are not allowed to have families entering a group after the session starts.

## Covid - 19 Policies Continued

- Children are to bring their own snacks, lunch, water in a reusable water bottle and utensils.
- **Children are not allowed to share food at any time.**
- Send PLENTY of water.
- Lunch will be eaten with their group and away from others.
- Please only bring items on the “what to bring to camp” list in the Welcome Packet. Please no personal items like stuffies, toys, etc
- Our staff is made up of over 90% returning staff this summer.
- Our camp site is not open to the public under these current circumstances. This includes parents. If you need assistance, please call (925) 937-6500

## Camp and Individual Roles and Responsibilities

- Staying home when appropriate to protect other campers and staff is very important! Please STAY HOME if your child or immediate family member has recently had close contact with a person with COVID-19, has tested positive for or are showing COVID-19 symptoms, has traveled within 14 days by air or out of the state.
- Signs of Covid-19 include fever (100.4 degrees or higher), cough, shortness of breath.
- Vigilantly monitor your child’s health for symptoms associated with COVID-19 and stay home if you are showing any signs.
- Take your child’s temperature before attending camp each morning. If it is 100.4 degrees or over, please have your child stay home..
- Report to a Camp Director immediately if your child is positive for Covid-19.
- When someone becomes sick at camp, the camper will be quarantined in a room with a staff in PPE. Parents will be called immediately to pick up. Child will need to be picked up within 1 hour.

## Protocol when someone has symptoms or in contact with a person with Covid-19

We follow CDC Guidelines:

- If a person only has a symptom but is not positive for Covid-19, this person should not return to camp until symptom and fever free for at least 3 days.
- Those who have had close contact with a person diagnosed with Covid-19 should not attend camp and self- monitor for symptoms. If you don’t live with someone with covid-19 but were just exposed, then stay home until 14 days after your exposure and no symptoms occur. If you live with someone who was positive for Covid-19, you will need to be quarantined for 14 days after your household member no longer needs to be isolated.
- If you have tested positive for Covid-19 follow these CDC guidelines before returning to camp. If you have mild symptoms, stay at home for at least 10 days after your symptoms began. If you have a cough and fever at 10 days, continue to stay at home until 3 days (72 hours) after fever has gone away (without using a fever-reducing medication) AND your symptoms like cough, body aches, sore throat, are completely gone.
- If you have tested positive but did not have any symptoms at the time of testing then you should remain in isolation for 10 days from the date the test was performed. During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.
- In accordance with state and local laws and regulations, camp administration needs to contact local health officials, staff, and families immediately if any case of COVID-19 while maintaining confidentiality. Public Health Contra Costa: (925) 313-6740.
- If a person in a group is positive with Covid-19, the whole group including staff will need to follow the procedures above at home.

### **Important other points:**

- Because The Seven Hills School has closed for the summer, our Walnut Creek camp will be held at 860 Bancroft Rd, Walnut Creek. Our San Ramon program will continue to run as normal at The Dorris-Eaton School in San Ramon.
- Hours are from 8:30 am - 5:00 pm. The typical camp activities will be scheduled for groups from 9:15 am - 4:00 pm.
- We are no longer able to do our usual extended care as we are not able to mix groups. Instead, structured free play will be organized within the assigned group before and after camp activity time.
- Right now we are waiting for the pool, and reservoir to announce their plan to reopen. If they do, we anticipate having the ability to offer all of our programming in some form. If not we will inform you of what are plans are to substitute any missed activities.
- Even with all the changes, camp is still going to be exciting and fun!! Please note that with less numbers of campers, your child will have more horseback riding, more time at archery, rock climbing, etc. They will have 2 counselors instead of one therefore more personal attention. We are really coming up with some fun ways to make this summer as “normal” as ever. More to come on that!

### **Sunscreen.**

- Please put on before you arrive. We will be reapplying at noon and 2:30pm but we are not able to assist your child as usual as we are keeping our distance.
- Campers will wash their hands before applying sunscreen and do it together step by step to confirm every spot was sunscreensed.
- **Please teach your children how to do it themselves at home given the opportunity.** We do provide sunscreen but if you want to provide a sunscreen face stick to make it easier for your child to get their face and decrease touching the face, please do. They are NOT allowed to share personal sunscreen.

### **Fun ways to show your children 6’:**

- Put two Legos down on the floor 6 feet apart from each other. Then we took out a tape measure to measure the space between the Legos.
- Walk around the house and find objects that they think are 6 feet long (the couch, fridge, table, rug etc.) and then measure them. Before you measure you can have them guess if they thought the items were bigger or smaller than 6 feet.
- To make it a little more active and fun, lay the measuring tape down and have them guess how many skips, balance beam steps and hops 6 feet are and then measure them.

### **Videos:**

- <https://www.youtube.com/watch?v=OesXL3I6M4s>
- [https://www.youtube.com/watch?v=3bXGSe3\\_Hok](https://www.youtube.com/watch?v=3bXGSe3_Hok)

### **Other relevant Videos:**

- How to wash your hands: <https://youtu.be/qJG72sycQB8>
- Didi how to prevent: [https://www.youtube.com/watch?v=AJ-\\_YfiRqPc](https://www.youtube.com/watch?v=AJ-_YfiRqPc)

# Parent Daily Precamp Health Screening Check Off List

In an effort to minimize illness at camp we ask that you check on the health of your camper daily before attending camp. The best camp sessions start with healthy campers and this begins at home. Print and post this so you can follow it each morning before attending camp. We are working together to keep our campers, camp families and staff safe!

Please keep your child at home if your camper has any of the following symptoms prior to camp.

- Symptoms:
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore Throat
- Vomiting
- Nausea
- Diarrhea
- A fever of 100 or more (please check each morning before attending camp)

You must meet all requirements below before attending camp:

- My child has not been around anyone with any of the listed symptoms or diagnosis of COVID-19 in the 14 days before the start of camp.
- No one in our household has been sick in the 14 days prior to camp.
- My child has not traveled by air or traveled out of state in the 14 days prior to camp.
- My child has adhered to our state's guidelines regarding Covid 19.

If your child has a fever AND one of the other symptoms above, keep your child home for at least 10 days after their symptoms began.

- If they still have a cough and fever after 10 days, continue to keep them home until 3 days (72 hours) after their fever has gone away (without using a fever reducing medication like Tylenol) AND their symptoms like cough, body aches or sore throat are gone.
- If your child has been diagnosed by a healthcare provider with a different illness such as strep throat, follow your healthcare providers recommendations and bring in a doctor's note.

Please remember to put that sunscreen on before attending camp!

Adventure Day Camp  
MEDICATION LOG

Name of Camper: \_\_\_\_\_ (Please use back of medication log if needed to document information)

Name of Medication	Dosage	Time	Special Instructions (Please be specific)	Purpose	Side Effects

This medication is for the campout only; please return Friday after the campout.  Please keep this medication at ADC for emergency use during the session.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Signature of parent or guardian responsible for the child named above \_\_\_\_\_

Date \_\_\_\_\_

**Additional Helpful Information:**

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**Information Below Is To Be Completed By Adventure Day Camp Staff**

Name of Medication	Date Administered	Time	Dosage	Any Side Effects After Administered	Administering Staff Signature

Medication given to ADC: \_\_\_\_\_ Medication returned to parents on: \_\_\_\_\_

**Adventure Day Camp**  
**Allergy Action Plan**

Camper's Name \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

ALLERGY TO: \_\_\_\_\_

Is allergy airborne? Yes \_\_\_ No \_\_\_ Explain if yes: \_\_\_\_\_

Asthmatic Yes\* \_\_\_ No \_\_\_ \*High risk for severe reaction. Does camper carry an epipen? Yes \_\_\_ No \_\_\_

**SIGNS OF AN ALLERGIC REACTION**

<u>Systems:</u>	<u>Symptoms:</u>
MOUTH	itching & swelling of the lips, tongue or mouth
THROAT *	itching and/or sense of tightness in the throat, hoarseness, and hacking cough
SKIN	hive, itchy rash and/or swelling about the face or extremities
GUT	nausea, abdominal cramps, vomiting and/or diarrhea
LUNG *	shortness of breath, repetitive coughing, and/or wheezing
HEART *	"thready" pulse, "passing-out"

The severity of symptoms can change quickly. \*All above symptoms can potentially progress to a life-threatening situation.

**Severe Allergy, therefore:**  
( ) If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.  
( ) If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

**ACTION FOR MINOR REACTION**

1. If only symptom(s) are: \_\_\_\_\_,  
give \_\_\_\_\_  
Medication/dose

Then Director will call:

2. Mother \_\_\_\_\_ Father \_\_\_\_\_

Continue to monitor child. If condition does not improve within 10 minutes, follow steps for Major Reaction below.

**ACTION FOR MAJOR REACTION**

1. If symptom(s) are: \_\_\_\_\_  
give \_\_\_\_\_ IMMEDIATELY!  
Medication/dose

Then call:

2. 911

3. Director will call Guardian.

Please also complete a Medication Log. Provide all medications needed, labeled with your child's name. Turn all forms and medications in to the camp office. All medications will be kept in the camp office unless camper goes off site.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_